Session 1

GB U24 Mixed Strength and Conditioning

Nick Robinson
07582524965

- Regression
+ Progression
Same Colour is a superset

Primer	Hop Series			
	BW Squat	BW RDL	Press up to Pike	*(5 reps of each)*
	YTWAs	*(5s Hold at Each Position)*		

3 Sets

Exercise	Notes		Week 9		w/c	29th May		Week 10		w/c	5th June		Week 11		w/c	12th June		Week 12		w/c	19th June	
			Sets					Sets					Sets					Sets				
			1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Vertical Jump		Reps	3	3	3	3		3	3	3	3		3	3	3			3	2	1		
		Load																				
		Actual																				
Jerk		Reps	2	2	2	2		2	2	2	2		2	2	2			2	1	1		
		Load																				
		Actual																				
Lunge	- Bodyweight	Reps	10	10	10			10	10	10			10	10	10			10	10			
	Dumbbell	Load																				
	+ Barbell	Actual																				
Chin Up	(Palms Facing You)	Reps	AMRAP					AMRAP					AMRAP					AMRAP				
		Load																				
		Actual																				
½ Kneeling SA DB Shoulder Press		Reps	12	12	12			12	12	12			12	12	12			12	12	12		
		Load																				
		Actual																				
Skater Hops	Bodyweight	Reps	6	6	6			6	6	6			6	6	6			6	6			
	+ Banded	Load																				
		Actual																				
Nordics		Reps	3	3	3			3	3	3			3	3	3			3	3			
		Load																				
		Actual																				

Session 2

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- *Regression*
+ *Progression*

Same Colour is a superset

Primer — Hop Series: BW Squat, BW RDL, Press up to Pike *(5 reps of each)*; YTWAs *(5s Hold at Each Position)* — 3 Sets

Exercise	Notes		Week 9 w/c 29th May					Week 10 w/c 5th June					Week 11 w/c 12th June					Week 12 w/c 19th June				
			Sets					Sets					Sets					Sets				
			1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Broad Jump		Reps	3	3	3	3		3	3	3	3		3	3	3			3	2	1		
		Load																				
		Actual																				
Squat Jump	Dumbbell	Reps	2	2	2	2		2	2	2	2		2	2	2			2	1	1		
		Load																				
	Barbell	Actual																				
Hand Supported SL RDL	Dumbbell	Reps	10	10	10			10	10	10			10	10	10			10	10			
		Load																				
		Actual																				
Alternating DB Bench Press		Reps	12	12	12			12	12	12			12	12	12			12	12	12		
		Load																				
		Actual																				
SA DB Row		Reps	12	12	12			12	12	12			12	12	12			12	12	12		
		Load																				
		Actual																				
Split Squat Iso		Reps	30s	30s	30s			30s	30s	30s			30s	30s	30s			30s	30s			
		Load																				
		Actual																				
Internal/ External Shoulder Rotations	5 Each, Cable or Band	Reps	20	20	20			20	20	20			20	20	20			20	20	20		
		Load																				
		Actual																				